

# The Southern COACH & ATHLETE

Volume II

*A Magazine for Coaches, Players, Officials and Fans*

Number 7

MAY, 1940  
15c



## **The Quarter-Mile Run**

By G. C. Griffin

## **The High School Pitcher**

By J. V. Sikes

## **Florida Track**

By Frank Philpott

## **1940 Basketball Tournaments**

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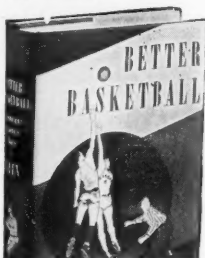


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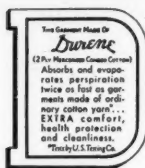
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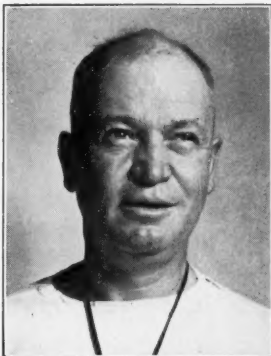
# DURENE WORN BY BOWL WINNERS

## SOUTHERN STATES BENEFIT FROM DURENE PROMOTION

Dean Hill, president of the Durene Association of America, has received many comments from Southern States to the effect that the "Durene" promotion campaign is welcomed by cotton growers and merchants. To a large extent the prosperity of the South depends upon cotton and today more than ever the demand for cotton depends upon the vigor with which cotton is advertised and promoted to the public. Durene yarn offers excellent promotion opportunities because it is made of the finest American long staple cotton and because "Durene" is mercerized it is stronger, wears longer and looks better. "Durene" national advertising and educational work in schools helps to create new markets for cotton, not only in athletic equipment but in many other lines of merchandise. Southern athletes can help, too, by wearing "Durene" and by telling others of its advantages. The sale of Durene yarn in 1939 was over 25% greater than the average annual sales during the preceding five years.

## "DON'T BE DOPEY"

Informed by coaches that the health problem is of primary concern to physical training directors and athletic coaches, Durene Association of America has prepared a booklet entitled "Don't be Dopey" for distribution to students throughout the country. "Don't be Dopey" contains important health rules that are endorsed by famous coaches and trainers everywhere. Send for unlimited number of copies for students.



## BILL ALEXANDER SAYS MERCERIZED COTTON IS BEST

Bill Alexander, Football Coach, Georgia Tech., says: "Here in the South where the climate during our football season induces heavy perspiration on the part of players, we feel the need of football equipment that will do the best job of absorbing and evaporating this perspiration. We have found that jerseys made of mercerized cotton yarn are the best for they keep the body cooler and more comfortable and reduce the danger of chills, colds, muscular stiffness and chafing. For several years our teams have worn only jerseys made of mercerized cotton yarn."

## OTHER COACHES AGREE

**For Baseball:** "For years our teams have worn jerseys of mercerized cotton and we are very much pleased with their service and durability," says J. H. Lever, Jr., trainer at Clemson College.

**For Basketball:** "Because jerseys of mercerized cotton absorb and evaporate perspiration quickly they protect against sudden chills and help avoid colds," says Howard Hobson of University of Oregon.

**For All Sports:** "Mercerized cotton garments are best for tennis," says Carl Rohman, coach of University of Virginia.

## Football Jerseys of "Durene" Specified Because of Extra Comfort and Health Protection

On New Year's Day, 1940, at the Rose Bowl, the Cotton Bowl, the Sugar Bowl and the Orange Bowl, all four winning football teams wore jerseys made of Durene mercerized cotton.

The coaches of the winning teams selected "Durene" because the double fast absorbing and evaporating power of garments made of Durene yarn keeps the body cooler and more comfortable and reduces the danger of chills, colds, muscular stiffness and chafing. When the importance of this double absorption and evaporation quality of "Durene" is realized from the standpoint of extra comfort, cleanliness and health protection, it is obvious that knitted underwear and outerwear of "Durene" is an excellent choice, not only for athletes but for everyone.

"Durene" is ideal for all year 'round wear. No garment can be

## SCIENCE PROVES DURENE ABSORBS TWICE AS FAST

Cotton has been mercerized for almost a hundred years but it was not until 1938 that the United States Testing Company discovered that fabrics knitted of Durene yarn absorb and evaporate perspiration twice as fast as similar fabrics made of unmercerized cotton yarn. This means extra comfort, cleanliness and health protection. To keep cool and comfortable, perspiration must be absorbed and evaporated quickly; the advantages of "Durene" are therefore important to everyone.

better than the yarn of which it is made. Durene yarn is always mercerized—it is at least 2 ply and is made only of the finest American long staple combed cotton. That is why garments knitted of Durene yarn are good looking, hygienic and as refreshing as a sea breeze. They are soft, even and smooth with a subdued lustre that is permanent. "Durene" tests at least 15% stronger than comparable unmercerized cotton yarns. This means longer wear and extra durability—additional reasons why winners pick "Durene".

# Baseball Essentials

## For the High School Pitcher

By J. V. SIKES

Baseball Coach, University of Georgia

(Editor's Note: Coach Sikes will have an article in the next issue on Essentials for the Catcher.)

**Conditioning.** The pitcher should have at least two weeks in which to get ready to pitch a ball game. It will take him that long to get his arm and legs in proper condition. Young players often overlook the fact that the legs are just as essential to winning games as the arm. For this reason, the early training of the pitcher should consist of lots of pepper practice, fielding bunts, springing, and jogging. The pitcher should throw nothing but straight balls the first week of the conditioning period. He should start his first day's practice by throwing easily and stopping when his arm begins to tire. This schedule should be followed for the rest of the week, increasing the throwing time and the speed of the ball a little each day. At the end of this period he should be able to cut loose a few fast balls. The second week should be a continuation of the first, allowing the curve ball to be built up the same as the fast ball the week before. A few easy curves should be thrown the first day, a few more and a little faster the second day, and by the end of the week he should be able to cut loose with his curve ball. After having had two weeks with the fast ball and one week with the curve, he should be able to pitch three or more innings under game conditions.

The amount of work to give a pitcher after the conditioning period is always a problem with a high school or college coach. To be at his best, a young pitcher should have at least four days' rest between games; however, a few times during the season he can do a good job with only three days' rest. The program to be followed when there are four days between games is as follows: First day after the game, throw just enough to loosen the arm; second day, throw to batting practice for fifteen or twenty minutes, take a long pepper practice, and sprint until legs are tired; third day, repeat second day's schedule plus practice on team plays; fourth day, complete rest or throw just enough to loosen up. The program for the three-day rest period is as follows: First day, loosen up by



J. V. SIKES

throwing easily, sprint until legs begin to tire; second day, pitch to batting practice fifteen to twenty minutes, take long practice on team plays, and sprint until legs are tired; third day, complete rest or throw just enough to loosen up.

**The Warmup.** The warmup before the game is very important. Some pitchers require a longer time than do others, but from ten to fifteen minutes should be allowed so as not to be rushed. The warmup should be taken slowly and easily, being sure to loosen up the back, legs, shoulders and arm. He should gradually increase the speed of the ball and at the end of the warmup should cut loose with a few fast balls and curves. The idea of the warmup is to get warm and loose and not to see how much stuff can be put on the ball.

**Stuff and Control.** The pitcher should not try to master too many deliveries. Unless a boy has unusual ability, he should limit his assortment of stuff to fast ball, curve, and change of pace (usually slow curve). If he masters these three pitches, that is, learns to throw them with the same motion and with a fair amount of control, he will be a winning pitcher in high school or college.

Control is most important in pitching. For this reason, after the pitcher is once in condition, he should use his practice periods for developing his control; that is, practice throwing to spots, letter high inside, letter high outside, knee high inside, knee high outside, etc. The ball should be turned loose as much in front of the body as possible. This makes it harder for the hitter to see the ball and at the same time assures a good follow through which helps with the control. When a pitcher hits a wild streak, it is usually because he is not turning the ball loose in front of his body.

The position of the feet plays a large part in control and by moving the foot on the pitching rubber to the right or left may pull the pitcher out of a wild spell. The left foot (right-hand pitcher) has much to do with control. In reality, it is the guide foot, and by placing it a few inches to right or left of original position may make a big difference in control.

**Fielding the Position.** The pitcher becomes an infielder immediately after throwing the ball. With this in mind he should at once, after throwing the ball, follow through to a position where he can knock down hard-hit balls through his position, go in any direction to field slow-hit ground balls and bunts, cover first, home, or third base, and back up bases where throws are to be made. He should have considerable work on all the above plays. When he has a play on a slow-hit ball or bunt, he should field the ball as quickly as possible and make a good strong throw to the base where the play is to be made. The ball should not be lobbed except when fielded close to first base. The ball should then be pitched underhanded, letter high, to the man covering the bag.

When covering first base, he should receive the ball letter high one stride before he gets to the base, touch the base on the inside, and turn into the infield to avoid a collision with the runner and at the same time get into position to throw to the other bases. (Continued on Page 21)

# The Quarter-Mile Run

By G. C. GRIFFIN

Georgia Tech Track Coach

Fortunately, from time to time, coaches are blessed with a man who becomes a champion without the coach having particularly a great deal to do in the matter. Such was the case of Charles Belcher at Georgia Tech, who for the past three years has been Southeastern Champion in the 440-yard run and National Holder in the 600-yard run, also holder of the National A. A. U. record for 600 yards, as well as the Junior A. A. U. record in the low hurdles.

Belcher possessed the things necessary to make a good athlete. He was (1) a good student; (2) a boy with a great deal of determination; and (3) willingness to work hard and study the running angle from every side.

To be a champion quarter-miler, the first thing a man should possess is a great amount of natural speed, and without this I do not believe he can enter the championship class. Belcher was able to run the 100 in 10 flat and on occasions in dual meets represented his college in this event. He also ran the 220, best time around the curve being 21.8 seconds, made on the old track of the Alabama Polytechnic Institute. In addition to this natural speed, a man should have a great deal of stamina. On occasions Belcher has run a mile against time around 4 minutes 40 seconds.

When we see a man in the freshman class who might have possibilities of developing into a fine runner it is the policy of Georgia Tech to handle this prospect very carefully during the freshman year, due to the fact that usually he has had to run many different events in high school and has probably been overworked, and as a result, should we press him very hard during his freshman year, it is firmly believed that his development would be retarded. This was the procedure followed in the case of Belcher. During his freshman year at Georgia Tech he was given very little work—just about enough to keep him in condition—and was only allowed to run one race during the freshman meets. This plan was followed with another one of our run-

ners, namely, Artie Small, Southeastern Conference Cross Country Champion and holder of the Half-Mile record at Georgia Tech.

After his freshman year we really go to work in earnest on the boy. We require a man to report in the fall for at least six weeks' work; begin conditioning without any particular attention being paid to running time trials, but plenty of attention paid to body-building exercises and individual practice. After this six weeks of work the candidate is allowed to give up formal participation in track work until about February 15th, when practice for the spring meet begins.

He is urged during this lay-off period to work at exercises which will build up his back, shoulders and arms because a student that runs will find that he runs as much with his arms as with his legs. During this lay-off period the boy will, in his daily walks around the campus, to and from classes, get enough leg exercise, but he must make an effort to keep the rest of his body in condition if he wishes to become a champion.



CHARLES BELCHER

On February 15th the candidates are called out and the hard work begins at Georgia Tech. The first three weeks of track practice here are spent in setting-up exercises and long jogs, no matter in which event or distance the candidate finally participates. The weight-thrower is not allowed to touch the weights; the sprinter and middle distance runners are not allowed to do any starting whatsoever, and in general it is a very dull and uninteresting period for the boy. It is during this period that you lose a good many candidates because of the fact that the work is routine and the boy sees very little progress being made.

After this period of conditioning, work really begins in earnest, and since we are talking about quarter-milers we will go over the schedule followed at this institution. At the beginning of the fourth week the candidate is allowed to begin striding over the 220 at about three-fourths speed, with occasional 300-yard runs thrown in for strengthening purposes. On Saturday of the fourth week we usually hold a time trial and then routine is followed for the rest of the year about as follows:

**Mondays.** All quarter-milers take setting-up exercises and jog at least one and one-half miles, finishing up the last 120 yards at a three-quarter speed.

**Tuesdays.** The candidate is given about ten starts with the 300-yard sprint thrown in, finishing up with a 58 quarter.

**Wednesdays.** This is the hardest day of the week. Our runners are warmed up well, given two or three starts, and then they run 300 yards against time, finishing the day up with a jog of half a mile.

**Thursdays.** They take a very light workout, probably jogging about three-quarters of a mile, with light exercise.

**Fridays.** We rest.

**Saturdays.** If we do not have a meet scheduled, an intra squad meet is held and the candidate runs a quarter to the best of his ability.

(Continued on Page 18)

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### By-Products of Sports

By-products played very little part in our economic life before the Industrial Revolution. But in the period of specialization and large scale production, by-products have played an important role. In some industries, the by-product is the margin of profit.

In athletics there are certain benefits that are incidental. Though incidental, some of these are very important. One of these incidental benefits or by-products of sports is *travel*. In the infancy of American athletics, play was local and there was very little traveling. If tradition had not localized competition, the limited receipts would have done so. With the growth of the games and the increased interest and revenue, travel naturally followed. Teams wanted to test their mettle against that of teams in distant towns. Today inter-sectional games are common in high school and college circles. Thanks to modern transportation, teams can make a trip into neighboring or even distant states without losing much time from classwork. Those who have made such trips know that they are of great educational value to the boys. "Time lost from school" is really not lost. It is in most cases a *gain*. It rests the boy from the monotony of school routine. He sees new places, new things, and gains a broader outlook on life in general.

Some of our administrators seem to be unaware of this fact. To ignore it makes them appear inconsistent. Education boards will often allow credit to teachers for travel on the ground that it has an educational value, and yet students in that same system will be denied the privilege of making a trip with a team. If travel has an educational value for the teacher, why would it not be instructive to the student? New York has advertised extensively the value of travel in promoting the World's Fair. Yet a football team of that State was denied the pleasure and benefit of a trip to sunny Florida in midwinter, even though it was being made during their Christmas vacation. Ten eager, deserving boys were deprived of a trip to Durham, North Carolina, and the privilege of playing in the Duke-Durham Tournament because of the ruling of their association. We believe these boys would be benefited more from these trips than they were from the few classes they attended during that time. Culture has been defined as the ability to adapt oneself to his surroundings. How can adaptability be developed better than by placing the student in different environments under supervision? We are about to waste an important by-product—one which sometimes proves to be the margin of profit.

### The Awakening South

It is no longer "sleepy time down South." The soft-speaking boys are waking up, at least in sports. In inter-sectional football Southern teams can stand toe to toe and slug it out with teams from any section. Coach Rupp's Kentucky "Wildcats" have defeated championship basketball teams from other sections in the Sugar Bowl games the past two years. Thanks to the "New Deal," Southern towns are getting better athletic facilities. Most of the towns of reasonable size now have well planned gymnasiums and lighted football fields. More boys are playing the games, and more people are watching them. Over 9,000 spectators attended a Southern college basketball game, which is a record for the South. Six thousand witnessed the finals of the Southern high school tournament at Duke University. Some of the Southern colleges with fairly large stadiums occasionally hang out "tickets all sold" signs at their games. Some of the prep football games in Birmingham drew around 15,000. The Boys High-Tech High classic of Atlanta has outgrown Ponce de Leon Park and next fall this game will be played at Grant Field. This section is learning what is going on in sports. Most of the small high schools have good coaching. The Southern mind has become inquisitive, especially in sports. The Southern coach is eager to learn what others are doing. He is experimenting with new methods. He has learned to organize. A new era has come in Southern athletics—a renaissance in sports.

### King Cotton

Southern coaches are all interested in the price of cotton. The prosperity of the communities in which we work depends largely on the exchange value of the "white gold." The price of cotton is a good thermostat of our game attendance. When cotton is cheap our gate receipts are low, while rising prices are reflected in larger receipts at our games. This does not mean, of course, that only cotton growers attend our games. The merchants, artisans and professional men there, however, depend wholly or partially, directly or indirectly, upon the prosperity of the farmer for their income. When a car is caught in a traffic jam it must wait for the cars ahead to be cleared before it can move. So it is economically. When the farmer is "broke," bills go unpaid all down the line and an economic traffic jam results. Money is "tight," less is spent for amusement, gate receipts are off, coaches' salaries are cut. Therefore, it is to the advantage of all of us in the South for the price of cotton to be high. It is a simple law of economics, known to every school boy, that price can be raised in *two* ways: *lower the supply, or increase the demand*. Much educational work has been done by schools and farm agents along lines of farm diversification. It has been constructive and effective. The South is becoming more self sustaining, more well-rounded in its economy. The fact remains, however, that cotton is still king in the South. Memphis, New Orleans, Houston, Galveston and Savannah are still great cotton centers. Dixie is still "the land of cotton"! So what?

So long as the king reigns and you are his subject, you should be loyal and work for his and your prosperity. There is a "buy cotton" movement sweeping the South just now. Coaches and athletics directors have an opportunity to help by using cotton garments in much of their athletic equipment. In this way you can lower your equipment cost, create new demands for cotton, raise its price, bring prosperity to your section, increase your gate receipts and enhance your own security!



# BASKETBALL METHODS

By W. P. CAMPBELL

Coach, Clarkston High School (Georgia Class B Champions, 1940)

This article does not pretend to advance any original ideas or theories about basketball. It is a brief discussion of the methods we used during the past season. We fully realize that another system of offense and defense and other routines of practice might have produced better results; however, we hope that other coaches may find something of value in a discussion of our methods.

We were fortunate enough this year to have a squad of boys who were unusually good shots. None of them were very large or exceptionally fast. With two exceptions they were definitely below average in speed and size. Taking these facts into consideration we could not hope for a very strong defensive team. Therefore we emphasized offense with the hope of out scoring our opponents.

In our pre-season and playing season practices we devoted fully half the practice periods to shooting. Many coaches begin pre-season practice with work on the fundamentals of passing, pivoting, etc. We worked on the theory that getting the ball through the goal was the object of the game. No matter how well a team has mastered all other fundamentals, if the team cannot shoot the mastery of other fundamentals is useless.

We spent the remaining half of the practice in scrimmaging, working on fundamentals and in defensive and offensive drills. With the exception of shooting, we used no definite time allotment for the other practice drills. The time used was based on the apparent weakness of the squad in each fundamental.

We used a zone defense this season, not because we believed it was the strongest defense, but because we believed we would have more opportunities to score from a zone defense. We placed our three tallest men near the basket with the best rebound man in the lane, and the other two men mid-way between the lane and the side lines. These men on the sides were instructed to go out and cover the corners when necessary. This pulled the man opposite the man who covered the corner under the basket and the lane man approximately mid-way between the side line and the basket. We played the other two men from five to ten feet in front of the



CLARKSTON BASKETBALL TEAM

Top row, left to right: Rawlins, Spivey, Campbell, Coach Cown, Hensler, Hatterway. Bottom row, left to right: Little, manager, Hendrix, Rainey, B. E., Johnson, Rainey, E. L., Haynie.

foul lane, depending on the size of the court and the accuracy of our opponents on set shots. These two men in the front court were instructed to rush the man with the ball at all times.

On offense we used a fast break whenever possible. If we did not set up a shot on the fast break we usually played three in and two out. Two of the men "in" were placed near the corners of the court and the third played near the lane or foul circle. From this set up we used a system of screen plays where the two men "out" broke for the basket and the two men in the corners came out to take the position of the men who had broken for the basket. This left us with our original set up, except that the position of guards and forwards was reversed. We tried always to give the man with the ball at least two options. Otherwise high school players have a tendency to give the ball away in an attempt to run plays to men who are covered. The preceding paragraphs cover the system of play we tried to use this season. The following is a brief discussion of a few things we do that may prove of value to other coaches.

With regard to shooting, we do not insist on all of our players using the same form in shooting. We do, however, insist that they all attempt to be able to shoot with one hand. We have found that a man with the

natural ability to be a good shot can be just as good a shot with one hand as two hands. We try to teach our boys to fake toward the goal then come back or go to the side as they release the shot. By shooting this shot with one hand they use the body as a screen. The shot is not an orthodox pivot shot. The man shoots from the opposite foot from which he pivots.

The above may sound directly opposed to orthodox methods of shooting. A fairly accurate record of our shots shows that fully 75 per cent of the points we scored during the past season, with the exception of crisp shots, were scored with this type shot. Three years ago when all of this season's team were freshmen and sophomores, only one man on the squad shot this way. With one exception, every man on the team shot this way this season. Very few high school players develop into good shots of any kind with less than three seasons' practice and experience. (Incidentally, we can claim no credit for originating this idea in shooting. The credit belongs to B. E. Rainey, an all-state guard on our 1940 team. He was shooting this way the first year he came out.)

We vary from a strict zone defense when we find our opponents have a man or two men who are exceptionally good on set shots. We assign

(Continued on Page 16)



# BASKETBALL

## Duke-Durham Tournament

By TED MANN



DURHAM, N. C., HIGH SCHOOL, CHAMPIONS OF THE DUKE-DURHAM SOUTHERN HIGH SCHOOL INVITATIONAL TOURNAMENT

Front row, left to right: Marvin Francis, student manager; Garland Loftis, Shuler Loftis, Cedric Loftis, and Herbert Perry, student manager.  
Back row, left to right: Coach Paul Sykes, Norman Herndon, Douglas Ausbon, Gordon Carver, Horace McKinney, Bob Gantt, Bill Gattis.

Durham, N. C., high school's Bulldogs, undefeated since 1937, for the second straight year won the championship of the Duke-Durham southern high school invitational basketball tournament played in Duke University gymnasium, March 15-16.

In marching through its three games to the title, Durham stretched its victory streak to 66 games and stamped itself as one of the greatest cage outfits in Dixie history.

Where some teams could match Durham's towering height in one position, no team could handle the Bulldogs' three and at times four players of well over six feet, including one at six-six, another at six-four and another at six-three.

And the Durham team, employing a fast-breaking offense and a man-to-man defense, had boys who could handle the ball. They broke down the floor like a covey of quail just flushed and often had a basket through before the other team could set up anything like a defense. When the basket missed, one of Durham's tall boys would bat it in.

The Bulldogs were ceded No. 1 in the tournament, Parker High of Greenville, S. C., No. 2; Lanier of Macon, Ga., No. 3; and Roosevelt of Washington, D. C., No. 4.

The tournament opened with an upset when Harrodsburg, Ky., a small team of one-hand shooters, slowed Roosevelt of Washington's fast offense, and triumphed 21-16. In the following game Parker High of Greenville ran over High Point, N. C., to win, 52-16.

Durham advanced easily over Lynchburg, Va., 59-33, and Lanier had little trouble topping an unexpectedly strong Bethesda-Chevy Chase of Bethesda, Md., outfit, 43-31.

The Harrodsburg boys, who brought their own rooting section of about 150 people, then almost upset Parker High, bowing in the final three minutes of play, 27-22, and Parker entered the finals.

Durham encountered its toughest opposition in the semi-finals from Lanier. After being tied up for the first quarter and most of the second, the Bulldogs started pulling away from the tiring Poets and won, 53-31. Horace McKinney, the Durham center, did a fine job of holding Lanier's Joe Murrow to eight points while racking up 16 himself. Bob Gantt, six-foot-four Durham forward, also tallied 16 points for the Bulldogs.

Jumping away to a 10-2 lead in the first quarter, the Bulldogs ran over  
(Continued on Page 22)

## Tennessee Tournament

By R. C. SMITH

For the second consecutive year, East Tennessee retained the T. S. S. A. state cage title as Bradley County High of Cleveland, Tenn., tripped Father Ryan of Nashville, 25 to 22, in the final tilt of the state tournament at Jackson March 23.

The 1939 title was also won by an East Tennessee high school, Knoxville High, over a Middle Tennessee outfit, Isaac Litton, of Nashville.

Coach Tip Smith's Bradley Bears went to the state at Jackson in the runner bracket after losing to Chattanooga Central in the East Tennessee Regional, 19-21.

It was the second victory of the year for the Bradley quintet over Ryan—and by far the most important. Earlier in the season the Nashville Irishmen had journeyed to Cleveland, only to be shunted back home after dropping a 42-29 contest.

Extraordinary passing and guarding in the first period of the final game, in which only three points were scored, kept the 2,000 fans who witnessed the issue in an uproar. But when Louis Fitzgerald began rolling, the Bears went rolling along too and at half time led, 13 to 9.

The Ryan men tied the game up at 19-19 after nine minutes of playing time had elapsed in the last half, but the Bears spurted on  
Fitzgerald to victory.

The two finalists each placed three men on the All-State team, with Johnny Curley, Ryan center, receiving honorary captaincy.

The All-State team: John Curley (Ryan), Ed Lowe (Ryan), William Donnelly, (Ryan), Louis Fitzgerald (Bradley), Dee Gibson (Bradley), Walt Owenby (Bradley), Mac Rhinehart (Chattanooga Central), James Koffman (Trenton), Elmo Burns (Milan) and Harold Fletcher (Springfield).

For the third place title, Coach Boyce Smith's Springfield basket busters trounced Chattanooga Central, 34 to 26. The Chattanoogaans were dropped to fourth place as a result of their loss. The consolation title was won by Trenton, who defeated Milan, 26 to 21, in a hard fought battle. Grand Junction had  
(Continued on Page 16)

# SUMMARIES

## Ga. Y.M.C.A. Junior Tournament

Atlanta and Augusta gained two championships and Columbus retained one of the two it was defending, in the Georgia State Y. M. C. A. Junior basketball meet at Athens, on Saturday, March 2.

The Atlanta "Y" Triangles, who were second to Savannah in the Junior (17-and-under) class last year, captured the divisional championship with a 32 to 21 victory over the Savannah Crackers. The Crackers came to the tournament after beating out the Jefferson A. C., state champions for two years, for the right to represent the Savannah "Y". The triumph gave the Triangles their third state title in five years. In 1936 they were Midget (12-and-under) champions and in 1938 they won the Prep (14-and-under) crown.

In preliminary games, Atlanta ran wild over Columbus, 31-14, and Savannah scored an easy victory over Augusta, 33-10. Savannah was cited for its sportsmanship in entering the tournament, for the Crackers came up with only five players, others eligible having been lost through injuries.

Augusta came back in the second half to defeat the Atlanta Pioneers, 35 to 21, in the Prep division. It was the second straight year that the Pioneers were runners-up in this class, failing both times in the finals to succeed the Triangles as champions in this section.

In the first round Columbus defeated Savannah 22-20, in an overtime game, and Athens edged out Albany, 28-25. In the semi-finals, Atlanta defeated the defending Columbus quintet, 26-15, to take revenge for last year's loss in the finals, and Augusta edged by Athens, 32-29.

The Columbus Midgets had their own way in the 12-and-under division, as they did in 1939. Coach Doc Carter's quintet swamped Augusta, 25-7, while the Athens Cubs were running away with the Atlanta Comrades, 45-22 in first round games. In the finals, Columbus defeated Athens, 37 to 24, handily.

The Atlanta "Y" Triangles established themselves as one of the strongest Junior teams in the state, on the basis of their season's record,

(Continued on Page 18)

## Ga. Junior College Conference

By MELVIN FAIR



MIDDLE GEORGIA COLLEGE BASKETBALL SQUAD OF 1940

Georgia and Southeastern States Junior College champions of 1940, included in photo—Reading from left to right, front row—Frank Jones, Clifton Rolland, Capt. Charlie Woddail, Ellis Holland and Frank Christie. Second row—Norman Faircloth, Haywood Cannington, Clyde Smith, Maxwell Ivey and Newell NeSmith. Third row—Coach Jake T. Morris, Raymond Conley, Curtiss Tomberlin and Manager Jack Hall.

Competition in Georgia's Junior College Conference is growing more widespread every year but coach Jake Morris' Middle Georgia College Wolverines of Cochran still dominate the hardwood picture.

The Georgia conference was re-organized in 1935 and during the five-year period Middle Georgia College has captured three cage crowns. Abraham Baldwin Agricultural College of Tifton has taken one and Chick Shiver's Armstrong Geechie of Savannah were crowned champions in 1938.

The Middle Georgia College club was crowned 1940 champions at the recent state basketball tournament held in Douglas after enjoying a most successful regular season campaign in which they dropped only one of 20 scheduled junior college engagements.

Regarded by numerous coaches around the junior college loop as

the strongest team in the history of the conference, the Wolverines further displayed their 1940 strength by capturing the Southeastern States junior college championship.

The Southeastern tournament was held at Athens, Tenn., and teams representing a majority of the leading two year colleges of five Southern States—Tennessee, North Carolina, Kentucky, Alabama and Georgia—are members of the conference.

Every member of the Middle Georgia College squad hailed from Georgia. The squad included: Capt. Charlie Woddail of Lumpkin; Clifton Rolland of Donalsonville; Ellis Holland of Cochran; Norman Faircloth of Pitts; Maxwell Ivey of Colquitt; Raymond Conley of Rhine; Clyde Smith of Oglethorpe; Haywood Cannington of Donalsonville; Frank Jones of Macon; Curtiss Tomberlin of Rhine; Newell NeSmith of Cochran and Frank Christie of Parrott.

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# FLORIDA TOURNAMENTS

## CLASS A CHAMPIONS

By L. L. McLUCAS

## CLASS B CHAMPIONS



**ROBERT E. LEE BASKETBALL SQUAD**

Front row, left to right: Morris Long, Wah Eng, Malcolm Kirby, Emmett Batten, Wilkie Schell. Center row: Billy Davis, Harry Platt, Wesley Paxon, Wesley Schuler, Nelson George. Rear row: James Freel, Carl Kurtz, Coach Warren Kirkham, J. V. Lewis, and Frank Perry.



**PERRY HIGH SCHOOL BASKETBALL TEAM**

Front row: Left to right, Jackson, Swearengen, R. F. Ritch, R. Williams, Thomas. Back row: Coach Paul Worley, Massey, J. Ritch, F. Williams, Bedgood, Reddick. Season record: 22 won, 1 lost. All State: Swearengen. Honorable Mention: R. F. Ritch, Massey. High point man of tourney, Swearengen—45. Second high man of tourney, R. F. Ritch—39.

### CLASS A TOURNAMENT

The Class A state tournament was held in Orlando, March 14-15-16, with sixteen of the outstanding teams in the state represented.

Orlando, playing in the finals of the state tournament for the sixth consecutive year, suffered its fifth defeat, at the hands of Robt. E. Lee High of Jacksonville.

Coach Warren Kirkham's Lee Generals, clearly the class of the tournament, nosed out Coach Walter Hovater's Orlando Tigers 29-28 in one of the most fiercely contested battles in the annals of the tournament.

To reach the finals Lee was hard pressed to claim a 30-25 decision over the Flying L's of Fort Lauderdale in a first round game. Scoring from the floor was even but Lee was more accurate from the free throw line. Lee used a shifting man-for-man defense and a slow break with three in and two out. Lauderdale used a zone and slow break coupled with a fast break whenever the opportunity presented itself.

In the quarter-finals, after a shaky start, Lee's smooth working machine settled down to work and defeated Marianna 36-20. The Bulldogs from Marianna were hot and had Lee 10-1 at the outset of the game. Cook fired three times from long range and connected on each effort, then Kelly and Beevis followed suit with one each, sending Marianna out in front with 10 points.

But the Generals refused to become panicky and once they got to moving they soon closed the gap and at the

finish of the first half they were leading 19-15. In the second half Lee's defense began to function and Marianna was held to 5 points. Shorty Long of Lee did a fine job of covering Cook, Marianna sharpshooter.

Lee earned the right to play in the finals by rolling up the highest score of the tournament to defeat Miami Senior High, 46-26.

After a nip-and-tuck first quarter, the Generals riddled the Stingarees' zone defense in the second period and steadily increased their lead as the game progressed. At half time Lee was leading, 21-9.

Platt, who was assigned the job of covering Melching, Miami's great center, limited him to one field goal and three charity tosses. Paxon and Long led the Lee attack.

In the final game Lee took the measure of Orlando, 29-28, in one of the best games of the tournament.

Orlando used a slow break with three in and two out. They used a man breaking into the middle to receive the pass who used a two-hand jump turn shot. Perdue, Densmore, and Powers were very adept at hitting this shot.

Lee set their defense to stop this pass from going to the man breaking into the middle. They played a strict man-for-man against four of the Tigers and used Shorty Long to float around the free throw line. This defense proved very effective and held the Tigers in check. Orlando employed a combination zone and man-

(Continued on Page 18)

### CLASS B TOURNAMENT

A new state champion was crowned in the state high school Class B tournament, held in the University of Florida gym, at Gainesville, when Perry downed Palmetto, 25-20, in the finals.

This is the first time in the history of the school that they have won the championship; however, they went to the finals only to be defeated by Cross City in 1939.

Perry came to the finals by eliminating a strong St. Paul's team, seeded second in the tournament. St. Paul's, using a zone defense and a fast-breaking offense, were ahead 28-27 with five minutes left to play when the fireworks started. Perry was using a man-for-man defense covering all over the floor. They intercepted several passes that they turned into scores. St. Paul's became panicky and Perry went on to score 12 points, winning 39-28.

Charlie Barr, St. Paul's center, with a very impressive pre-tournament record, was held to four points by Rich of Perry, who did a very good job of covering him. Rich, while performing defensively, also accounted for 11 of his team's points.

In the quarter-finals a last half rally of the Tampa College High five fell short and Perry advanced to the semi-finals by its 26-25 win over the Tampons. Again Perry used a fast break and man-for-man defense covering all over the floor which enabled them to intercept many balls which resulted in easy baskets. Tampa used

(Continued on Page 17)





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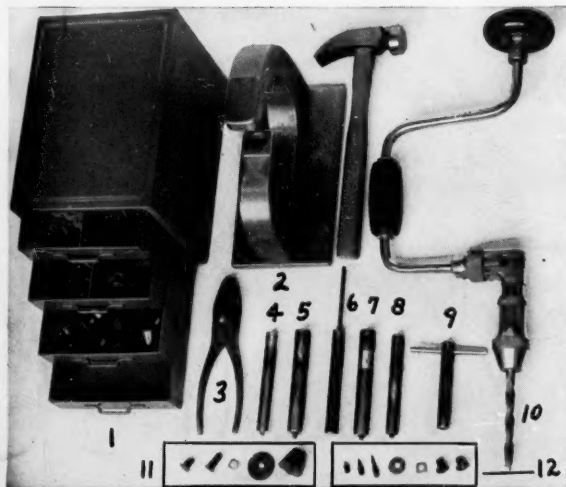
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Cleats No. 4, Female, per set of 14 in bag.....	.20
Cleats No. 5, Mud—Male, per set of 14 in bag.....	.25
Cleats No. 5, Mud—Female, per set of 14 in bag.....	.20
Laces, gross.....	4.50
Fixtures, complete (Male or Female Set-up).....	.05
Pliers.....	.25
Cleat Wrench.....	1.50
Cork Soles, pair.....	.09
Sole Plates, pair.....	.24
Heel Plates, pair.....	.20
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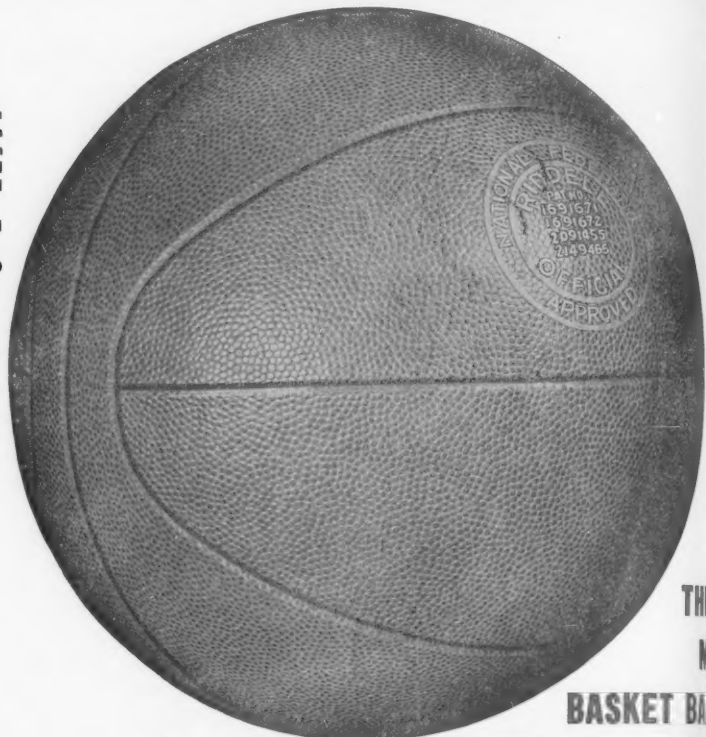
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Pitchers' Toe Plates, loose, full cap aluminum, each.....	.60

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# SPLIT MINUTES

By DWIGHT KEITH,

Secretary, Georgia Athletic Coaches Association

A meeting of the executive council of the Georgia Athletic Coaches Association was held in Atlanta, April 6, at which time plans for the third annual coaching clinic were discussed. The date set is August 26 to 31, while the players will report Friday, August 23. The players for the all-star football and basketball teams were selected and will be announced shortly after this publication goes to press. A final and corrected list of players for all teams will be published in the next issue of "The Southern Coach and Athlete." There will be 28 football players on each squad, while the basketball squads will be composed of ten players each. The football teams will be coached by Frank Thomas, University of Alabama, and Coach Wallace Butts, University of Georgia. The basketball teams will be coached by the Southeastern Conference Finalist, Coach Lampe of Georgia, and Coach Rupp of Kentucky. The tuition will be the same as last year: \$2.00 for members of Georgia Coaches Association and \$10.00 for non-members. Due to the fact that the Southern division has fewer schools it was voted to put Richmond Academy in the Southern division. The track work this year will again be in the capable hands of Coach George Griffin. He will be assisted by some of the outstanding high school track coaches of the state who will be announced later. Swimming will be added to the program this year. The all-star basketball game will be played Thursday night, August 29, and the all-star football game will follow on Friday night, August 30. Plans are being made for better entertainment for the coaches and their wives, and we are sure that those who attend the third annual coaching clinic will find a better planned program in every respect.

By LES WALLER,

Secretary, Alabama Coaches Association

## NOTES FROM THE A. E. A.

1. J. P. Creel of Sylacauga was re-elected President of the Alabama Athletic Association and Sellers Stough of Birmingham was re-elected Secretary-Treasurer.
2. Nurmi Nelson of Gadsden made a report to the coaches and principals on the work of the National Federation in regard to football changes.
3. The coaches and principals agreed to incorporate the month of March with January and February for spring training. (Any three weeks during January, February or March.)
4. The coaches had their meeting and heard Coach Jordan of Auburn give a very interesting talk on "Basketball," and Coach Drew of the University of Alabama gave a fine talk on "End Play."
5. "Rip" Hughes was elected President of the Coaches Association for 1940. Billy Smith of Rainer was elected Vice-President and Les Waller was re-elected Secretary-Treasurer.
6. All of the coaches were unanimous in voicing approval of the "Southern Coach and Athlete" as the official magazine for the Association.
7. Most of the "bull" sessions were held in the hotel rooms where various companies were displaying sporting goods.
8. Buddy Brawley of Guin was being congratulated by all the coaches on having such a fine basketball team. Buddy didn't lose a game all season and went on to win the State Championship without even losing a single game in the District or State Tournament.
9. Jenks Gillem and Lex Fullbright spent the day in Birmingham during A. E. A. visiting with the coaches and giving them the "low-down" on the set-up at Sewanee.

## Sport Notes From Augusta

By BILL BAILEY

After a ten-year absence from the extra-curricula activities of the school, baseball has made a comeback at the Richmond Academy and Junior College of Augusta. These two institutions are situated in Augusta and are commonly known as the "twin schools"—one being an academy and the other a college under the same head.

Coach John DeNoia expects a good outfit this year in spite of the fact that he has had to throw together a team in pretty much of a hurry. Mr. DeNoia is the Spanish instructor at the two schools in the absence of the regular instructor. He is a graduate of the University of North Carolina and since graduation has played for several major league clubs.

The first game of the season came April 10 with the American Legion club. This, however, was only an exhibition game.

The remaining schedule is as follows:

April 12, 13: North Georgia College, Augusta.

April 19, 20: Middle Georgia College, there.

April 26, 27: North Georgia College, there.

May 4: Abraham Baldwin, there.

The team stands as follows:

A. L. Williams, c.

C. F. Ward, 1st.

O'Neil Cave, 2nd.

Bill Austin, S. T.

Bubber Cole, p.

Bo Farris, 3rd.

Ed Shell, outfield.

Luke Rushton, out.

Billy Seigler, p.

Chubby Ingler, p.

Harry Popkin, out.

Holstein Parks, out.

Charles Askey, out.

Lawrence Buckley, c.

Steinberg, M. K., manager.

It might be well to note that the Augusta Athletic Association donated uniforms for the use of the J. C. A. and A. R. C. ball club.

### TRACK—ARC

The biggest track event ever held on the Academy campus made history in that it was the first time in the history of the Academy track teams that said teams have been divided into two parts for the purpose of meeting two foes at the same time.

Coach Langston Bolton expressed his hearty approval of the performance of the cadets against the Warrenton High and the Wrens High. The former was vanquished by the dripping score of 63-20.

Wrens did no better with a 60-26 failure.

Track coaches have been noticing the 100-yard sensation, Heyward (Continued on Page 22)

# TRACK RECORDS

EVENT	HIGH SCHOOLS					COLLEGE & WORLD			
	ALABAMA	FLORIDA	GEORGIA		NATIONAL SCHOLASTIC	S. E. C.	NATIONAL COLLEGIATE	WORLD	
100-YARD RUN	106. Lott Simpson High 1925	9.9a. Kearney, Plant Phillips, Orlido. 1935	10.2a. Kane, Bainbridge 1937 Johnson Grayson 1935	10.2a. Johnson Grayson 1935	9.46c. Jesse Owens 1935 E. Tech, Cleveland	9.65c. P. Walker, G.T. 1934 H. Neuggass, Tul. 1935	9.46c. F.W. Wykoff, S. Cal. 1930 J. Owens, O. St. 35-36	9.46c. F.W. Wykoff, S. Cal. 1930 J. Owens, O. St. 35-36	
220-YARD RUN	21.7a. J. Boswell Enley High 1937	22.4a. Kearney Plant 1935	22.6a. Kelley High 1929	23.3a. Smith Louisville 1939	20.7a. Jesse Owens 1933 E. Tech, Cleveland	20.9a. Herman Neuggass Tulane 1935	20.35c. Jesse Owens Ohio State 1935	20.35c. Jesse Owens Ohio State 1935	
440-YARD RUN	50.4a. V. Abernombie W. End High 1934	51.7a. Johnson Orlando 1935	50.3a. Cobb Marietta 1929	53.8a. Culberson Adairville 1934	48.2a. Frank Sloman Polytechnic, Cal. 1915	46.8a. Glenn Hardin L.S.U. 1934	46.4a. Ben Eastman Stanford 1932	46.4a. Ben Eastman Stanford 1932	
880-YARD RUN	1m. 58.4a. C. Hurd W. End High 1936	2m. 3.9a. Hillsborough 1937			1m. 54.4a. E. L. Smith Sunst., Dallas 1933	1m. 54.4a. David Rogan Kentucky 1937	1m. 49.6a. H. H. Kelson Fresno State 1937	1m. 49.2a. Sidney Wooderson London 1938	
1-MILE RUN	4m. 33.7a. Spain Enley High 1937	4m. 42a. Mestrazar Miami Edison 1933			4m. 21.3a. Zamperini Torrance, Cal. 1934	4m. 16.3a. David Rogan Kentucky 1937	4m. 6.7a. Glenn Cunningham Kansas 1934	4m. 6.4a. Sidney Wooderson London 1937	
120-YARD HIGH HURDLES	16a. Parker Bessemer High 1937	15.3a. 42 in. Hurdles Orlando 1935			*14a. 39 in. Hurdles Joe Batiste Tucson, Ariz. 1939	14.1a. 42 in. Hurdles Forrest Towns Georgia 1936	14a. Robert Osgood Michigan 1937	13.7a. Ten 42 in. Hurd. Forrest Towns Georgia 1936	
200-YARD LOW HURDLES	23.2a. Paschall Phillips High 1939	23.5a. Abare Palm Beach (Heat) 1939			22.1a. Don Pollom Topeka, Kan. 1938	23.3a. Glenn Hardin L.S.U. 1933	22.6a. Jesse Owens Ohio State 1935	22.6a. Ten 30 in. Hurd. Jesse Owens Ohio State 1935	
220-YARD LOW HURDLES		25.1a. Richardson Ocala 1934			23.5a. Ansdan Oliver R'velt, Dayton 1931				
HIGH JUMP	6ft. 0in. Miller Minor 1927	6ft. 1in. Lake Worth 1938	6ft. 0 1/2 in. Spang, Ellijay Frank, Rome 1929	5ft. 11 1/2 in. Dacula 1937	6ft. 7 1/2 in. Gilbreath, Cava Bev. Hills, Cal. 1938	6ft. 5 1/2 in. Glenn Hardin Auburn 1934	6ft. 9 1/2 in. O. St. 1936	6ft. 109.32 in. M. W. Walker Ohio State 1937	
POLE VAULT	12ft. 10 1/4 in. Clements Tuscaloosa 1933	12ft. 4 1/2 in. Long Fr. Lauderdale 1932	12ft. 2 1/2 in. Shields, Tech H. 1929	11ft. 1in. Nichols 1938	*13ft. 9 1/2 in. John Linta Mansfield, Colum., O. 1939	13ft. 6 1/2 in. Wayne Downey Alabama 1938	14ft. 11 in. Sefton, S. Cal. 1937	14ft. 11 in. Sefton, S. Cal. 1937	
BROAD JUMP	21ft. 10 1/4 in. Venable Ramsay 1937	22ft. 2 in. Mitchell Leon 1939	22ft. 1 1/2 in. Perkins Tech High 1932	20ft. 10 in. Stewart Ochlochnee 1939	24ft. 11 1/2 in. Jesse Owens 1933 E. Tech, Cleveland	25ft. 6 1/2 in. Ed. Hamm Ga. Tech 1928	26ft. 8 1/2 in. Jesse Owens Ohio State 1935	26ft. 8 1/2 in. Jesse Owens Ohio State 1935	
DISCUS THROW	147ft. Fowler Woodlawn 1939	144ft. 11 1/2 in. Hartley S. Petersburg 1939	120ft. 4 in. Bussce Fort Valley 1936	108ft. 3 in. Dillard Lithonia 1934	154ft. 9 in. Edsel Wibbels Wolbach, Neb. 1937	149ft. 9 1/4 in. Maurice Green Georgia 1937	173ft. 0 in. Kenneth Carpenter So. Cal. 1936	174ft. 2 1/2 in. Willie Schroder Germany 1935	
SHOT PUT	50ft. 5 in. 12lb. Sanders Ramsay 1938	49ft. 0 in. Mitchell Leon 1938	49ft. 0 in. Arthur Albany 1938	43ft. 2 in. Gardner Anthony, Americus 1936	58ft. 10 in. Elwyn Dees Lorraine, Kan. 1930	53ft. 6 1/2 in. Jack Torrance L.S.U. 1935	*55ft. 11 in. 16lb. Short Elmer Hackney Kansas 1939	57ft. 1 in. 16lb. Short Jack Torrance L.S.U. 1934	
JAVELIN THROW		184ft. 3 in. Lewis S. Petersburg 1936			210ft. 0 in. Robert Peoples Classen, City 1937	203ft. 10 1/2 in. George Batchelor Georgia 1933	*234ft. 17 1/2 in. Robert Peoples So. Cal. 1939	*238ft. 2 1/2 in. Y. Nikkanen Finland 1938	
HALF-MILE RELAY	1m. 32a. Enley High 1934	1m. 33.8a. Miami 1939	1m. 31a. Newman 1929	1m. 39a. Edison High 1939	1m. 28.2a. Polytechnic High Los Angeles, Cal. 1939	1m. 24.8a. So. Calif. 1934	1m. 24.8a. So. Calif. 1934	1m. 24.8a. So. Calif. 1934	
MILE RELAY		3m. 34.3a. Lake City 1939			3m. 21.4a. Hollywood High Hollywood, Cal. 1939	3m. 16.5a. L.S.U. 1938	3m. 11.6a. So. Calif. 1936	3m. 11.6a. So. Calif. 1936	

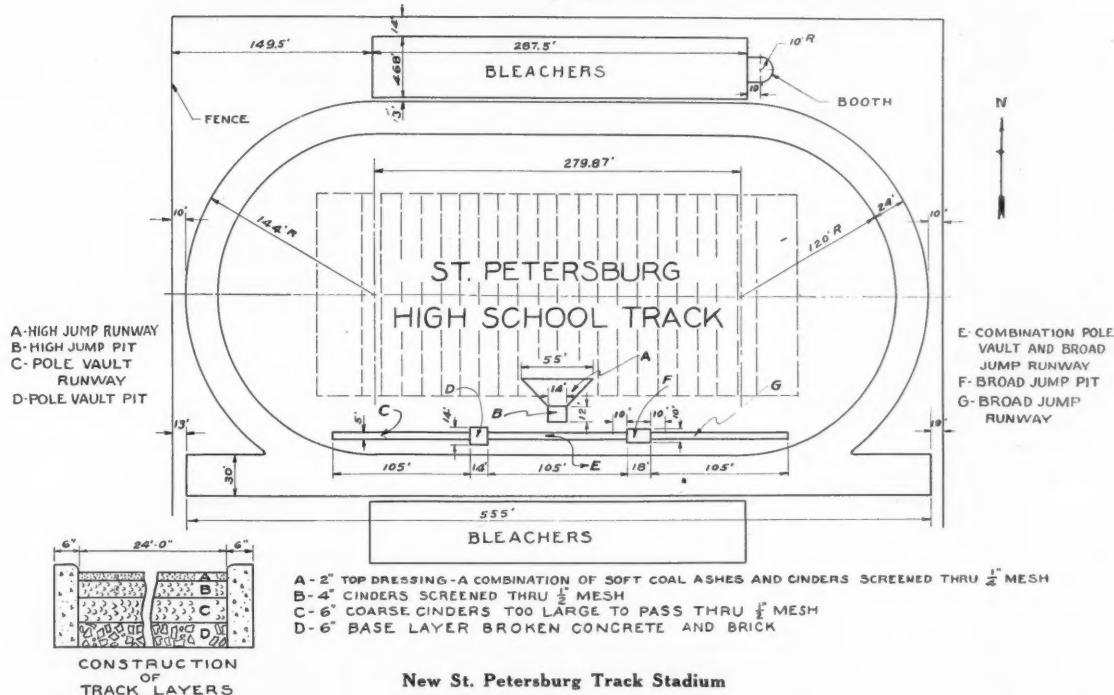
\*Record Not Yet Accepted



# Florida High School Track

By FRANK E. PHILPOTT

Track Coach, St. Petersburg, Florida, Senior High School  
Florida State Champions, 1939



New St. Petersburg Track Stadium

## PROGRESS IN FLORIDA TRACK

Track and field athletics in Florida may be considered definitely on the upgrade. Florida track interest is on the increase for many reasons. Track authorities are beginning to recognize the conditions present in Florida similar to those enjoyed in California, and the advantages of weather, plus 365 days a year ideal for training, will weigh heavily in the bright future destined for Florida track. It should not be many years before Florida may participate in the challenge to California's present national and world track leadership.

Facilities for track are on the increase in Florida. St. Petersburg High School is setting the pace this year with a fine \$25,000 track designed to satisfy championship meet requirements. Robert E. Lee of Jacksonville is another school constructing an excellent track. St. Petersburg, Lake Wales, and possibly other Florida cities are prepared to stage meets at night. The result is increased spectator interest and enjoyment of this sport. Some cities in the state have more than one track.



FRANK E. PHILPOTT

St. Petersburg, for example, has three: The Florida Military Academy, the St. Paul's Catholic High School, and the St. Petersburg High School tracks.

With the increased emphasis on

facilities has come a corresponding expansion of program over the state as a whole. Events for grammar school participants are staged yearly in many cities. St. Petersburg for the past two years has held the State Junior High School Track and Field Championships. City and county track championships are held in a number of sections of the state. The past three years have seen considerable advance in the number of dual meets staged annually. High school athletic conferences, including the Northeast Florida and the South Florida High School Conferences, hold annual track championships. The West Coast High School Championships, the State A. A. U. Championships, and the State Catholic High School Championships are three established events of the annual track calendar. Among the Preparatory Schools, Riverside Military Academy, Florida Military Academy, St. Leo Academy, and Kentucky Military Institute have active track teams. This group will undoubtedly advance rapidly in track until schools

(Continued on Page 20)



# A New System of Track Awards

By MAJOR M. C. PAGET  
Track Coach, Georgia Military Academy



MAJOR M. C. PAGET

For years I have been confronted with the question of developing a fair method of awarding letters to the track team members. The "prep" school always has the man who is a "natural" and he frequently realizes this fact. As a result, when this "star" chooses to absent himself from practice he finds some excuse for inability to turn out.

Now the question, a method of lettering that will require this fellow to meet all practices with regularity and to develop a team spirit in him. The method as related below has been in use at the Georgia Military Academy for one season and has proven quite successful. This system has not only met the need of the star question but it gives the plugger a chance to make his letter and tends to boost the morals of the squad.

The letter requirements involve *quality* and *quantity* points. For *quantity* points a man must earn *twelve* points in any type meet or place in the state meet. This enables the average track man to earn sufficient quantity points. For *quality* points, a man must earn 125 points out of a possible 170. *Quality* points are earned in this manner. There are forty practice days, each day's practice carries a value of 2 points or a total of 80 points. These forty days of practice afford forty opportunities to be on time, therefore he may earn

forty points through this medium. The remaining fifty points may be earned through *loyalty, sportsmanship, t-r-a-i-n-i-n-g* and general *co-operative spirit*. Twenty-five of the one hundred and twenty-five points must be earned from the last fifty points mentioned.

We have found that this method has encouraged men to be prompt and to be on time for practice. Regardless of the number of points earned in competition the man must earn his 125 *quality points*.

## TENN. TOURNAMENT

(Continued from Page 10)

to go into an overtime to trip Browns, 34 to 32, for second place in the consolation.

On their way to the finals Bradley defeated Trenton, 36 to 26, in their first rounder, and Springfield, 27 to 22, in the semi-finals. Coach Leo Long's Ryan team whipped Milan, 35 to 23, in their first round jaunt, and in the semis the Irishmen topped Chattanooga Central, 45 to 26.

It would be a little difficult to select an outstanding man for the tournament, but Louis Fitzgerald, Bradley forward, was the mainspring of the Bears' offense and defense. His uncanny elish elusiveness wore his guards down and opposing coaches usually had two or three men on him. And Johnny Curley was a prodigious factor in Ryan's climb to the finals. The Irish center tallied 29 points for the three tournament games; Fitzgerald tickled the mesh for 33.

One team was missing that had made it to the state three successive years. Coaches Wilson Collins' and Buford Bible's Knoxville High Trojans lost to Chattanooga Central in the semi-finals of the East Tennessee Regional. The Trojans won the consolation title in 1937, were runners-up in 1938, and were state champions in 1939.

## BASKETBALL METHODS

(Continued from Page 9)

one of the men playing in the front court on defense to play this man strictly man-to-man as long as he (the offensive man) remains beyond the foul circle. We have found that this does not deprive us of an opportunity to send the two front court men down on a fast break, nor upset our defense.

We attempt to do as much individual coaching as possible. Also, we spend very little time on explaining the theory of basketball to the squad. We have found that black board diagrams and verbal explanations don't stay with our squad. Five minutes' demonstration is worth sixty minutes of lecture.

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# Hi Coach!



H. R. DOBSON

This issue of Southern Coach and Athlete doffs its hat to Coach H. R. "Red" Dobson. His record as a player and coach merits this tribute. He attended prep school at Carolina Military Naval Academy, where he participated in all sports. He became interested in Physical Education work and, before finishing prep school, decided to be a Physical Director.

At Furman he participated in football, basketball, baseball, track, swimming and wrestling. Football, basketball and swimming were his best sports. He was voted the most valuable man on the football team in 1924 and was named on the all S. I. A. A. team that year. He also made the all-state teams in football and basketball.

"Red" has been in the Spartanburg city schools since he graduated from Furman in 1925. He has been coaching varsity basketball for twelve years and has established what is probably the best record in the South during the period of the last decade. He was winner of the State Championship in 1930, 1931, 1935, 1936, 1937, 1938, and was co-champion in 1932 and 1934. His team was invited to the national tournament in 1930 and 1931, and to the South Atlantic tournament in 1931, 1932, 1935, 1937, 1938 and 1939. He won the South Atlantic tournament in 1931.

"Red" has coached two undefeated football teams and two which tied for the State Championship. His track teams have won four State Championships.

His 1940 basketball team was a little below the Dobson standard,

though not so bad at that. He lost to Parker High and to Greenville High, but won all other games played in the State.

Coach Dobson has retired from the football coaching game and now gives all his time to basketball and physical education work. He directs the physical education program in the senior and junior high schools of Spartanburg. His hobby is camping. He is founder and director of Camp Pinnacle in the beautiful Blue Ridge Mountains of North Carolina. Besides all this he is something of a musician. All in all, we say he is quite a man, and his record is most unusual to put it mildly. If anyone can point to a better one we will take off our hats to him and say, "Hi Coach"!

## FLORIDA CLASS B

(Continued from Page 12)

a slow break with three in and two out. Rich was again called upon to do double duty when he was assigned to cover Alchediak, sharpshooting forward of the Tampa team. He held him to seven points while scoring 11 himself.

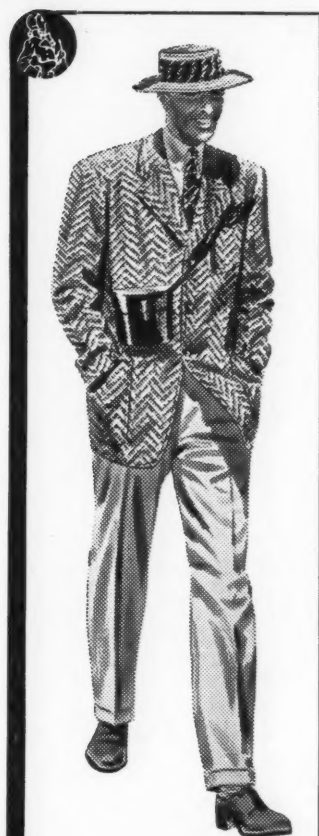
Perry claimed the right to play in the finals by coming from behind to defeat a fighting Graceville team, 35-31. Perry, trailing 8 points at half time came back strong in the second half.

In the first half Perry employed a man-for-man covering all over the floor. Graceville found this to their liking as they were outrunning the Perry team and breaking three men on two most of the first half. In the second half Perry changed their tactics. Instead of covering all over the floor they waited for the Graceville guards to come across the center line before picking them up. This change completely stopped the Graceville offense and they began to crack and Perry went on to score 15 points and win.

In the final game Perry continued to use a man-for-man defense, but instead of covering all over the floor they picked the Palmetto guards up as they came across the line and put a tight man-for-man on them. Palmetto used a zone, set up close to the basket.

Neither team was able to penetrate the other's defense often in the first period. Palmetto was leading 6-4 at the end of the initial period. With Swearingen and Rich finding the basket, Perry came forward and tied the score at 12 all as the half ended.

(Continued on Page 21)



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## THE QUARTER-MILE RUN

(Continued from Page 7)

Of course, this work must be varied from time to time. Conditions arise where the boy may need less work, or the boy may need more work, and the coach must be very careful how he handles his man, because after a man reaches his best condition he requires very little work. A good illustration of this point is the fact that the week that Belcher won the 500-yard run at the Finnish Relief Games in New York he worked out only one day, that being Thursday just before catching the train.

We vary our Tuesday workouts from time to time. Instead of the candidate practicing starts and running the 300, we have him run two laps to warm up, and then sprint around the curve of the track six times, walking the straight-away each time; or we might have him sprint the straight-aways and walk the curves. This means that the runner will get about 600 yards of sprinting in during the afternoon. He is allowed to take all the time he wishes between sprints. This teaches him to run relaxed around the turns and builds up his stamina, whereby he can enter the quarter-mile with confidence that he will last throughout the race.

Then on Wednesdays, instead of running a 300 we line all the quarter-milers up, with the best man on the outside, and practice breaking for the pole at the best speed possible. We do this six or eight times, followed by a half-mile jog at the finish of the workout.

The coach must bear in mind that the most important thing about the workout is the warming up, and before a man does anything see that he is thoroughly warmed up, because he cannot do his best under any other circumstances, neither can he be sure that he will not injure himself in some way.

In running the race you must take into consideration the type man that you are coaching. There are several types of quarter-milers. One is the sprint type; another is the plodding type; another is the man with very little sprinting ability but who has a good finishing kick. Belcher was a sprint type of quarter-miler. He can run 300 yards about as fast as anyone in the country today. Then he depends on his will power to finish out his race. Another type quarter-miler at Georgia Tech is a boy by the name of Beals. While he possesses a fair amount of speed, he is more of the

plodding type, in that he can set a steady pace and hold it all the way around the track and he is capable of running good time—around 49 seconds. He has a particularly good finishing kick.

No matter what type runner you have, insist that he run the first sixty yards at his best speed. This insures him of a good pole position, as well as good time for the race. Many boys leave their marks content to run in third or fourth place until they get on the back stretch and then try to outrun the man down the straight-away. This means that he will probably exhaust himself and have very little left at the finish, whereas if he secures a good pole position the other man has to worry about the sprint down the back stretch, and ninety per cent of the time he will lose the race. If your runner does not secure a good pole position the best place to recoup your losses is to jump the field as you start around the second curve and try to jump them before reaching the straightaway. This does not require such a long sprint and usually catches the other runners by surprise.

After the first sixty yards the quarter-miler should get in his regular quarter-mile pace or rhythm and then hold this until he gets into the final straightaway, unless he is of the sprint type, and try to drive down the final straightaway with all his might, getting up on his toes as high as possible, his arms in sprinting position and running as if the race was 450 yards instead of 440 yards. Running as if the race was ten yards longer means that he will not get nipped at the tape, which happens to so many runners.

There is another phase of quarter-miling which bears some consideration. This is cross-country running. This year, for the first time, we ran our quarter-milers with the cross-country team and I know that in the case of Belcher it has certainly paid dividends. Belcher himself had his doubts regarding this type of work, but after running several races this indoor season he came to me and said that he believed it was the best thing that he had ever done. I would like to hear from some of the other coaches who have had experience along these lines.

In conclusion, I would like to caution every coach about the proper warmup. If you pay particular attention to this phase of your track work you will find that your men will perform better and remain in better condition throughout the season.

## FLORIDA CLASS A

(Continued from Page 12)

for-man, using the two men out in front to play man-for-man.

Lee trailed most of the first half but took a slim lead at the beginning of the second half, but Orlando came from behind to tie the score at 19 all at the end of the third period.

Forging ahead early in the last quarter, the Lee cagers held off the inspired, hard-fighting Tigers' closing rush in a furious finish that had the spectators hysterical with excitement.

The Generals opened the last period with a burst of speed to set up a 25-20 margin, but the Tigers refused to fold, fighting hard to get within one point of Lee with only 30 seconds to play remaining. In their frenzied efforts to get the ball the Tigers committed two fouls and the Generals, declining the free throws, took the ball out of bounds and managed to keep the Tigers from getting an opportunity to score a basket that would have won the game for them.

### ALL-STATE PLAYERS

Wesley Paxon, Lee.  
Harold Powers, Orlando.  
Joe Downs, Miami Edison.  
Dale Melching, Miami Senior.  
Enoch Kelly, Tallahassee.

### HONORABLE MENTION

Morris Long, Lee.  
Nelson George, Lee.  
Harry Kelly, Marianna.  
Tom Wood, Tallahassee.  
Billy Martin, Plant.  
Freddie Caldwell, Orlando.  
Keno Perdue, Orlando.  
Geechee James, Miami Senior.

### INDIVIDUAL SCORING HONORS

Wesley Paxon, Lee	46
Morris Long, Lee	39
Dale Melching, Miami senior	37
Kenneth Perdue, Orlando	35
Tom Wood, Tallahassee	30
Harold Powers, Orlando	30
Buddy Densmore, Orlando	29

## YMCA

(Continued from Page 11)

as well as by their tournament victory. Coach Sol Marshall used more than 30 players during the season, sometimes playing doubleheaders with "Blue" and "Gold" squads, and finishing off the campaign with a tripleheader, in which all three games were won. The team won 33 out of 55 contests, meeting Junior and Senior competition in and around Atlanta, and taking the measure of some of the best squads in local circles. The Triangles were also second in the Class B Gold Medal tournament, placing three men on the all-tournament team.

## Greater Atlanta Amateur Basketball Federation

By SOL MARSHALL, Secretary

Independent basketball had a great year in the Atlanta area during the season just completed. An increase in players and teams participating was registered, but, more important, there was a definite increase in the interest of spectators and in the attention given to this form of recreation by city and county officials.

Taking its place again as a major sport with full recognition by the public and the press, basketball was on the ascendent because of the reorganization of a central body which could stand for a legitimate sport. Early in the season, attempts were made to form the Greater Atlanta Amateur Basketball Federation. These efforts were successful and the nine major leagues of the city formally adopted the constitution and became members of the Federation. By the close of the season the Federation was in a position to sponsor the Fourth Annual Gold Medal Tournament under conditions which insured stabilization of all factors which may govern tournament competition.

Rache Bell, president of the Y. M. C. A. basketball leagues and a leader in local softball circles, was a unanimous choice for the presidency of the Federation. Lewis Baker was elected vice-president, Sol Marshall was named secretary and George Najour was elected treasurer.

Because of their interest in basketball and their position in the athletic picture of the city, Oscar Brook, athletic director at the Y. M. C. A.; J. Lee Harne, Jr., city recreation director, and Harry Koval, athletic director at the Jewish Educational Alliance, were elected members of the Federation executive board. The board of governors includes one representative from each of the nine member leagues, Atlanta, Church, City, Civic, Commercial, Fulton, Jewish Educational Alliance and Girls "A," Girls "B".

Grand finale of the season was the first annual banquet, arranged by George Najour, chairman; W. S. Riley, Joe Redwine, Miss Amelia Morris and Mrs. H. L. Edmondson. Besides presentation of awards for the regular season to league champions, medals and trophies for the tournaments were also presented at this time. Guests included Morgan Blake, who made the principal re-

marks, and other civic and sport leaders of the city.

Competition in leagues and tournaments was close throughout the season. Playoffs were necessary to decide section championships before the league titles could be determined at the end of the season in several leagues. Close games were also recorded throughout the tournaments. This was particularly true in the girls' tournament, a double elimination meet, which went the full course through a playoff game at the end.

Honors were split in the girls' competition. Ike Sewell Service and Sears, Roebuck split even in a half dozen games, Sewell winning the Girls "A" league title and Sears the tournament crown. Grant Park Rebels were first in the Girls "B" league. Both leagues required several playoffs to break ties in the standings before champions were determined.

(Continued on Page 22)

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## FLA. HIGH SCHOOL TRACK

(Continued from Page 15)

in this classification may hold their own Preparatory Schools State Championships. The Annual High School Track Championships find from 150 to 200 athletes entered from 20 to 25 high schools each year. The greatest incentive for high schools, of course, comes from the leadership and performances on the college level within the state. Among the teams in this classification are those from Tampa University, Southern College, St. Petersburg Junior College, and the University of Florida. Tampa University and the University of Havana, Cuba, stage a dual meet annually. Latest and most important recent track development in the state is the Florida Relays staged by Percy Beard, track coach at the University of Florida and former Olympic and world's record holder in the hurdles. This meet, two years old, has attracted teams from North Carolina, Alabama, Maryland, Vanderbilt, Auburn, Georgia, Tampa, and Duke Universities as well as St. Petersburg Junior College, West Palm Beach Junior College and major university freshmen teams in the Junior College and University Freshmen Division. Six to eight of the leading Florida High School track teams compete in the High School Division of this splendid relay meet.

### *The New St. Petersburg High School Track*

The St. Petersburg High School track was begun after several months of careful planning. The specifications and construction details of the major tracks of the country were thoroughly considered, including those of Ohio State, West Point, Louisiana State, Yale, Florida, Michigan State, and Princeton. Many track coaches and engineers were consulted. The net result is a track with the straightaway, curves, and backstretch six feet wider than the famous Palmer Stadium Track at Princeton. The shortcomings and defects of major tracks have been avoided and their favorable points incorporated. Mr. Thomas G. Reilly, St. Petersburg, was consulting engineer.

This is a regulation track, being rectangular and measuring four laps to the mile, with a 185 yard straightaway on one side. The curves and backstretch have a width of twenty-four feet inside curb measurement. The straightaway is thirty feet inside curb measurement. Concrete curbing has been constructed on both sides

of the track, having a six inch beveled top and a twenty inch depth. The curbing was poured in place before the track was excavated. The earth was removed by a steam shovel to a depth of twenty inches.

The first layer of track material consists of six inches of broken bricks and concrete. The second layer is made up of six inches of cinder clinkers placed on top of the brickbats. The third layer consists of four inches of cinders screened through one-half inch mesh. A five ton roller rolled the second and third layers after they were thoroughly soaked until well-packed. The fourth and last layer is two inches of cinders, passed through a quarter inch mesh, combined with soft coal ashes for a binder. This, thoroughly soaked and rolled with a lighter roller, is the finished surface of the track. The outside of the track is banked two inches above the inside.

Favorable comment has been received from many sources during the various stages of construction. Major Bob Neyland, Tennessee University football coach and former West Point engineer, on a recent visit to St. Petersburg, stated that this new track has no equal south of Washington, D. C. Mr. William Billy, Engineering Representative of the Atlas Construction Company, noting the careful screening and separation of layers, said that this track has the resiliency so lacking in tracks less laboriously and more hurriedly constructed. These and many other statements indicate that the new St. Petersburg High School track may well be considered among the finest in the nation.

### *The Florida High School Track and Field Championships, St. Petersburg, May 3 and 4, 1940*

The twenty-sixth Annual Florida High School Track and Field Championships will be held on Stewart Field, St. Petersburg, Florida, May 3 and 4, 1940. This will mark the first time that this meet has been held at night, and it will also be the first time that it has been staged elsewhere than at the University of Florida in the twenty-six years of the holding of this annual event. The action of the Florida High School Athletic Association in awarding this meet to a member school was not intended as any reflection upon the University of Florida but rather as an indication that the various high schools now feel capable of running off this meet themselves.

The Games Committee consists of Mr. Pierce Gahan, St. Petersburg,

Director of Recreation, Chairman; Mr. Percy Beard, Track Coach, University of Florida; Dr. A. J. Geiger, Principal of St. Petersburg High School; Mr. N. L. Mallison, Jacksonville Department of Recreation; Mr. Nash Higgins, Tampa, Recreation Director and University of Tampa Director of Athletics, Referee; Mr. Robert Lockett, St. Petersburg High School, Director of Athletics and Director of Meet; and Mr. Fred Stewart, Dean of Florida Coaches and to whom the meet site, Stewart Field, is dedicated. Officials will be composed of recreation officials and track authorities from all sections of the state.

St. Petersburg High School is sparing no expense to make this Annual Meet an exceptional attraction. The new track is being provided with loud-speaker system, field event runways, false bottom landing pits, advantageous track lighting, spectator protection and control, new shotput toe-board, discus circle, broad jump take-off board, high jump and vaulting standards, and other new equipment of quality and standard in keeping with the distinction of this event. Eighty new hurdles have been provided which are the same as the official hurdle for the National Collegiate Track and Field Championships last year. A cup for the winning team, cups for each of the relays, medals for the first four winners in each individual event, and a small watch charm track shoe for each competitor participating, constitute the elaborate set of awards for this meet.

St. Petersburg High School is proud to be host to the high school track talent of the state of Florida and is happy to be able to present such an outstanding track for the year's outstanding event—the Annual Florida High School Track and Field Championships.

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## Tips on Track

By BILL RANEY

*This is the second in a series of articles by Bill Raney, of Ramsey High School, Birmingham, Alabama, state champions the past three years. Coach Raney has recently been named Trainer and Assistant Track Coach at the University of Alabama.*

### HURDLES

Do not practice on hurdles every day.

Practice on three hurdles for speed.

If the hurdler has trouble in taking eight strides to the first hurdle, then start with the opposite foot back and take nine.

Do not forget to dip forward over the hurdle and do not sail.

Learn the high hurdle form on the grass at low height.

Learn to take one hurdle first, then later learn to take the second.

Do not hurdle the two days immediately preceding the championship race.

Keep your mind on your race. Keep an eye on the hurdle ahead. If you knock down three hurdles, keep going.

Train in pairs and be regular in practice.

If you spill, get up and go over the hurdle again hard.

### DISCUS

The turn and delivery are two important factors.

Always keep the body behind the throw.

The reverse helps to show that thrower is getting his weight in the throw.

In traveling across the ring, take a walking motion; do not hop or jump. Practice with and against wind. Best throws have been made into the wind.

If thrower loses form, stop and start over.

The more firmly the feet are planted the more force it is possible to put into the final drive for throw.

### HIGH JUMP

Jump on Mondays and Wednesdays for form only, practicing at a height from four to six inches under what the jumper can make.

Occasionally practice with the sprinters.

Always get a hard drive off the left foot or take off leg.

Always be relaxed in the jump.

It is well to pass up the low heights and save the spring for the higher heights.

## FLORIDA CLASS B

(Continued from Page 17)

The strain of beating Cross City in the semi-finals and playing hard early round games showed in the Palmetto team in the final quarter when it tried to make a last effort. The South Florida lads were not the smooth, easy-working ball club they were in the semi-finals when they beat the former champs. This spurt in the last quarter was soon checked by Perry, who went on to win the game, 25-20.

### ALL-STATE PLAYERS

Jim Pigott, Palmetto.  
Earl Wheeler, Palmetto.  
Ralph Begue, Cross City.  
Archie Swearingen, Perry.  
Wiebard Knight, Alachua.

### HONORABLE MENTION

R. F. Rich, Perry.  
Charlie Grant, Graceville.  
Adrian Galbraith, Brewster.  
Weymon Moody, East Marion.  
John Beville, Palmetto.  
Charlie Barr, St. Paul's.  
Ralph Massey, Perry.  
Wilmer Fowler, Graceville.  
Bob Murphy, Oviedo.

### INDIVIDUAL SCORING HONORS

Archie Swearingen, Perry	45
R. F. Rich, Perry	39
Earl Wheeler, Palmetto	38
Charlie Grant, Graceville	34
Jim Pigott, Palmetto	27
Weymon Moody, East Marion	27
Ralph Begue, Cross City	26
Willard Knight, Alachua	21
Bob Murphy, Oviedo	21
Cliff Pellman, Graceville	21

## BASEBALL ESSENTIALS

(Continued from Page 6)

In backing up the bases, he should place himself thirty to forty feet behind the base in a direct line with the thrower. Closer distances are unsatisfactory as there is a possibility of a wildly thrown ball getting by the baseman and the backer up.

**Throwing to the Bases.** He should practice pitching with the runners on the bases and throwing to the bases to catch runners. A snap throw is desirable here and the ball should be thrown knee high to the infield side of the base. Plays to catch runners off second base may get the pitcher out of a hole, and with practice he should be able to do it safely. When there is a runner on third, the pitcher should keep his eye on the runner until just before he pitches. This prevents the runner getting lead enough to steal home and it also enables him to detect an attempt to work the squeeze play.



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**ZACHRY**

87 PEACHTREE

**ATLANTA FEDERATION**

(Continued from Page 19)

The Atlanta Police, handled by Capt. Neal Ellis, picked up both of the city's major league titles. They defeated Ivey's Drug Store for the Commercial league title and shaded Sears, Roebuck in the City league. Four Square Class defeated the Fire Chiefs for the Civic league crown. Y. M. S. A. won from Fidelity and Casualty in the Atlanta league, General Shoes beat out the Great Southern Trucking Company in the Fulton league, Joy Class won from the North Atlanta Baptist Pep Class in the Church league and the Blues captured the Alliance Senior league title.

Award winners for the first four places in the Gold Medal tournaments are as follows:

Class A Men—J. B. Richards Printing Company, Sears, Roebuck, Marsh Business College, Atlanta Police.

Class B Men—Aces, "Y" Triangles, Atlanta-Southern Dental College, Gasco.

Class C Men—Fidelity and Casualty, Capitol View Presbyterian, Grant Park Methodist, Confederate Avenue Baptist.

Girls—Sears, Roebuck, Ike Sewell Service, Lithonia, Phillips Browne Sign Company.

In line with the national Gold Medal program, officials chose outstanding players for varying distinctions. Among the awards given were "All America Candidate," national silver honor medalist and national bronze honor medalist, in each tournament. An interesting development in the girls' division was the choice of Virginia Smith of Sears for the "All America Candidate" award. Last year, and in 1937, Captain Eleanor Plaxico of Sears received this award and also was placed on the actual "All American" team chosen in Indianapolis. This year Miss Plaxico was rated for the silver honor medal. The list of medalists in the four senior divisions follows:

Class A Men—Cottingham of Richards, Cartwright of Sears, Iverson of Richards.

Class B Men—O'Callaghan of Aces, Roberts of "Y" Triangles, Westbrook of Dental College.

Class C Men—William Allen of F & C, Aske of Capitol View, Clyde Bankston of F & C.

Girls—Virginia Smith of Sears, Plaxico of Sears, Killian of Sewell.

**DURHAM-DUKE**

(Continued from Page 10)

Parker High's fighting but "too small" boys. Durham had a 24-9 lead at the half and then coasted to a 55-28 triumph. McKinney flipped in 19 points to lead the Durham team.

McKinney, racking up 49 points in the three games, won the trophy for the tournament's high scorer, and Bob Gantt, the Durham forward, won for the second year the coaches' vote as the most valuable player in the tournament.

The all-tournament team, picked by the coaches, was: Gantt of Durham and Ansel Bridwell of Greenville, forwards; McKinney, Durham, center; Fred Parks, Greenville, and Cedric Loftis, Durham, guards. Young Loftis was probably the best ball-handler in the tournament and played no little part in Durham's success.

The second year of the tournament, which is sponsored jointly by Duke University and the Durham Junior Chamber of Commerce, will be held again next year and it is the ultimate hope that it can be built into such a tourney that expenses of all competing teams can be paid. It has been financially successful for the past two seasons.

One handicap to the tournament—which may keep it from becoming the official "Southern High School Championship" tourney—is the rule that prevents teams of some southern states from taking part in such affairs. Runnelstown, Miss., champions of that state, accepted an invitation to participate in this year's affair and then had to withdraw due to their association's ruling.

This year's tournament had the champions and runners-up in North Carolina, the champions of Virginia, the District of Columbia champions, the champions of Georgia, the unofficial champions of South Carolina, and ranking teams in Maryland and Kentucky.

**AUGUSTA NOTES**

(Continued from Page 13)

Bateman. He did not reach his limit in the track meet when he did his 100-yard chore in 10.6. Of course, this was the first meet of the year.

It also will be noticed by many that the Academy seems to be raising the number of candidates each year for some form of athletics. A record number of 40 went out for track this year, Coach Bolton said.

Coach Charlie Royston, of the Junior College girls' basketball team, is taking all his spare time for the purpose of preparing the grammar school children of Augusta for the high school athletics.

Coach Charlie deserves a lot of credit in that he has made a success of that which has never before been done in Augusta. The grammar schools have their own football leagues, baseball circuits and the same for basketball. He has, with the help of many boys who have graduated from the Academy, made a fine training ground for future ARC teams. Beware! Richmond Academy is on the march.

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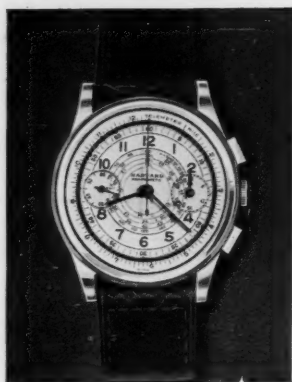
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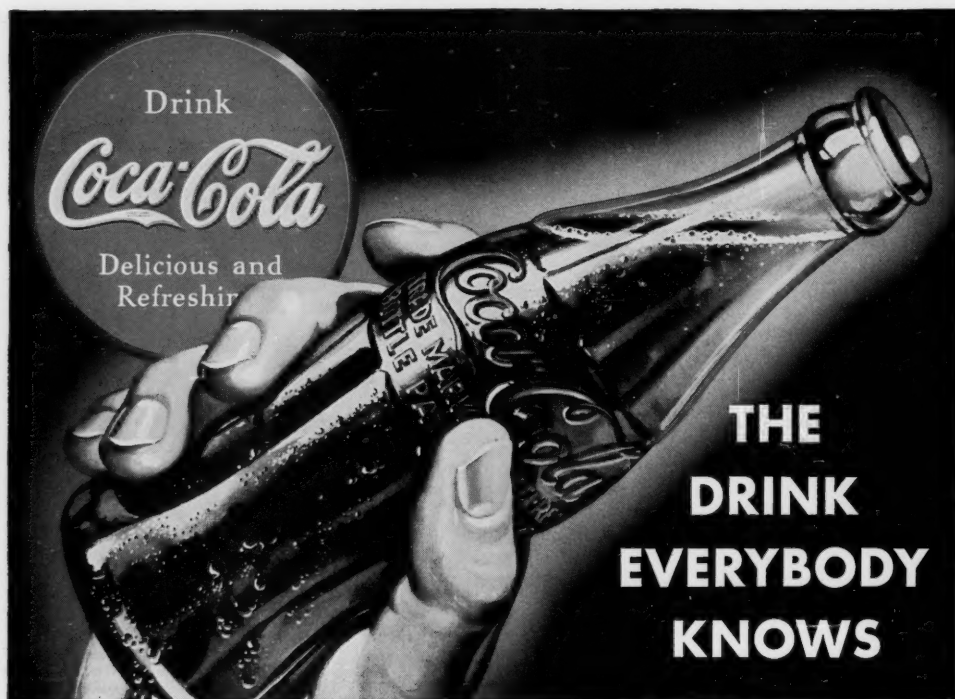
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